

# temecula valley HOSPITAL

## A PATIENT'S STROKE *leads back to his heart*

*“Temecula Valley Hospital  
saved my life!”*  
- Andrew Arriola, DDS

### *Also inside:*

#### **FIRST IN THE REGION**

Neurointerventional  
biplane technology

#### **HEALTH BRIEFS**

New construction open  
house celebration

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Upcoming women's  
health event

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Podcasts now available  
in Spanish



Compliments of

**Temecula Valley**  
HOSPITAL

## FROM THE **CEO**



When our hospital consistently garners national recognition, we know we're doing something right. Time and time again, Temecula Valley Hospital continues to be acknowledged by organizations known for stringent quality measurements, patient satisfaction scores and patient safety ratings. The common denominator is making patients' needs the focus of everything we do.

In that regard, our latest expansion was completed this year and we are excited about increasing our cardiovascular and neuroscience offerings and advancing the capabilities of these programs. We've also added a surgical waiting lobby and more rooms in the pre-operative services and recovery units. A special multi-function room, the Heroes Community Room, was also built to be used for special events, as well as for staff and physician education programs.

We are always happy to hear when our patients have a wonderful experience, such as the one Andrew Arriola, DDS, had. He was able to benefit from both our stroke and cardiac services, and in his words, we saved his life. Read more about his story on page 4.

Our commitment remains to provide patient-focused care using advanced technology, so our patients can receive high-quality healthcare close to home. We thank you for your continued support and look forward to serving the community. Be sure to follow us on our website and social media for frequent updates.

Sincerely,

**Darlene Wetton**  
*Chief Executive Officer*

### IN THIS ISSUE

- 4** A "STROKE"  
OF GOOD LUCK  
Andrew Arriola, DDS,  
shares his story of  
gratitude
  
- 6** ASK THE DOCTOR  
Heart rhythm disorders  
and electrophysiology
  
- 7** MAKING  
THE GRADE  
Five consecutive "A"  
ratings for patient safety

## MEDICAL GOLD *Minds*



Plan to attend this **FREE** series of community lectures featuring the physicians at Temecula Valley Hospital. They will speak on topics such as sleep apnea, heart health, orthopedics, dementia and much more.

Lectures are held at 6 p.m. on the second Thursday of the month in the Heroes Community Room on the first floor of the hospital. A light dinner will be served and no reservations are required.

*For more information, visit [temeculavalleyhospital.com/gold](http://temeculavalleyhospital.com/gold).*

### BOARD OF GOVERNORS

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## HEALTH BRIEFS

### *Community celebration of the new hospital wing*

More than 400 people attended our open house to celebrate the 29,000 square-foot hospital addition. Visitors were able to go on tours of the new wing, engage in family activities and enjoy a special presentation in the new Heroes Community Room.



Darlene Wetton, Chief Executive Officer, was thrilled that so many people came out to celebrate. “Temecula Valley Hospital is growing its services to continue to meet the advanced healthcare needs of its community and to enhance the outcomes of our patients,” she says.

As a result of the new expansion, there are career opportunities available.

**For more information, visit [temeculavalleyhospital.com/jobs](http://temeculavalleyhospital.com/jobs).**



### *Save the date!*

Temecula Valley Hospital is again joining forces with Southwest Healthcare System to present a Women’s Health Expo for Health Awareness.

**Date: Thursday, February 28, 2019**

**Place: Pechanga Resort and Casino**

The event will feature booths with information on nutrition, healthy eating, exercise, smoking cessation, stroke, heart disease and stress management. There will also be guest speakers.

Visit [temeculavalleyhospital.com/whexpo](http://temeculavalleyhospital.com/whexpo) and follow our social media pages for further updates on how to register.

### **Tune in to our educational health podcasts!**

Podcasts are now available for listening or downloading. Hear the latest health information from medical professionals at Temecula Valley Hospital. Select podcasts are now available in Spanish.

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#### **FEATURED PODCAST**

*Available in English and Spanish*

**Hector Pacheco, MD**

**Topic: Do you suffer from pain due to spinal stenosis?**

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**To listen to this or other podcasts, visit [temeculavalleyhospital.com/pods](http://temeculavalleyhospital.com/pods).**





**AWARD-WINNING, *comprehensive stroke and heart care***

## A “stroke” of luck

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***When Andrew Arriola, DDS, suffered a stroke, doctors discovered a surprising underlying cause***

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*Andrew Arriola, DDS, and his wife, Renee, spend some free time biking together.*

One day after work, Dr. Arriola noticed numbness in his upper right cheek that gradually moved to his arm. Knowing the symptoms of a possible stroke, he went to the ER at Temecula Valley Hospital.

He then became disoriented and passed out. “The next thing I knew, I was in a bed and slurring my speech,” says Dr. Arriola. “They sent me for a CT scan, and at that point, I couldn’t talk or do anything. But once they administered clot-busting medication, I was able to talk again and regain movement.”

While he was still in the hospital, one of the nurses noticed that Dr. Arriola’s heart rate was irregular during the night. Further testing indicated that he had a heart rhythm disorder known as sick sinus syndrome, when the heart’s natural pacemaker doesn’t function properly. It causes a very slow heart rate, which can lead to fainting and possible blood clots. A few days later, his cardiologist inserted a pacemaker, and Dr. Arriola has had no issues since.

Dr. Arriola completed a few weeks of physical therapy following his stroke and fortunately did not suffer any long-term damage. He went back to work two months later. “They didn’t just fix the stroke problem, but found the root of the issue and fixed both,” he says. “I’m so lucky. I had a wonderful patient experience here, and it is thanks to the medical staff at Temecula Valley Hospital that I am here today!”

Dr. Arriola advises that if you don’t feel right, get checked right away. “Don’t think it will go away after a nap. There are facilities right here available to take care of serious conditions. I had a great outcome, in part, because I knew there was a problem, and I went to the right facility – Temecula Valley Hospital,” he says. ■

*Listen to a podcast about stroke signs and symptoms or take a stroke assessment at [temeculavalleyhospital.com/sss](https://www.temeculavalleyhospital.com/sss).*



# FIRST IN THE REGION with a neurointerventional suite

*New technology offers expanded treatment options*



**Hamed Farid, MD**  
Interventional  
Neuroradiology  
Medical Director



**Branko Huisa, MD**  
Stroke Medical  
Director

Temecula Valley Hospital's recent expansion debuted the region's first neuro-interventional program, including a biplane suite. "The biplane room allows physicians to treat our stroke patients who need endovascular therapy faster, in addition to reducing the patient's exposure to radiation and contrast. This

makes the procedures safer overall for the patient," says Interventional Neuroradiology Medical Director Hamed Farid, MD. "This advanced equipment features imaging capabilities that allow doctors to see the blood vessels in the brain in 3-D, in order to plan out the intervention in the safest and most accurate manner for each patient. Utilizing this new technology, physicians can treat stroke, brain aneurysms, and other blood vessel-related disorders of the brain in the most effective and safest manner."

The sooner a neurological issue is addressed, the better the chance the patient has for a good recovery. The hospital offers full neurology services, including remote readings via telemedicine

24 hours a day for emergent neurology and stroke patients, a neurohospitalist on-site seven days a week, and endovascular interventional neurosciences. "Temecula Valley Hospital has the most comprehensive neuroscience services in Southwest Riverside County," says Stroke Medical Director, Branko Huisa, MD.

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**New capabilities mean patients can receive a higher level of care – close to home – without having to travel out of the area.**

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Other new equipment includes an additional CT scan machine; a hybrid operating room, which combines an operating room with an advanced X-ray imaging system to perform minimally invasive procedures; and two new cardiac catheterization labs, with one used specifically to treat cardiac arrhythmias, such as atrial fibrillation, and also to place pacemakers and defibrillators. "These additional services enable Temecula Valley Hospital to enhance the outcomes of our patients and to better meet the advanced healthcare needs of the community," says CEO Darlene Wetton. ■



## **Award-winning PATIENT SAFETY AND CARE**

The acquisition of advanced technology is a bonus to the nationally recognized quality healthcare TVH provides to the community. The hospital has earned The Joint Commission's Gold Seal of Approval® and the American Heart Association and American Stroke Association's Heart-Check mark for Advanced Primary Stroke Center Certification for meeting and exceeding national accreditation benchmarks. TVH is also designated as a STEMI Receiving Center and Stroke Ready Hospital by the Riverside and San Diego counties Emergency Medical Services agencies.

In addition, TVH has earned an "A" rating for patient safety five times in a row from The Leapfrog Group, and is one of only six general hospitals in California to win the Top Hospital award.

To learn more, visit [temeculavalleyhospital.com/awards](http://temeculavalleyhospital.com/awards).

**See how we're growing: [temeculavalleyhospital.com/expansion](http://temeculavalleyhospital.com/expansion)**



# Treating *heart rhythm* disorders



If you have ever felt your heart flutter, pound or beat and thought

your heartbeat might be off, you are probably right. The American Heart Association states irregular heartbeats, known as arrhythmias, are very common. But chronic occurrences should be checked out. Cardiac Electrophysiologist **Joshua Leichman, MD**, shares insight about new testing and treatment available at Temecula Valley Hospital.

**Q: Are there different types of arrhythmias?**

Yes. An arrhythmia is an abnormal heartbeat, which means the heart is not following its normal rhythm of electrical impulses. They become more common as people age. Some people feel like their heart is skipping a beat, “fluttering,” beating too fast (known as tachycardia), or beating too slow (known as bradycardia). But arrhythmias can also be silent and detected only by a physician, who can tell by checking your pulse or by performing an electrocardiogram (EKG).

**Q: What does an electrophysiologist do?**

Electrophysiologists specialize in diagnosing and treating the heart’s abnormal electrical activity. We now have an electrophysiology lab at Temecula Valley Hospital where arrhythmias can be diagnosed and treated with minimally invasive approaches. Most of this can be done on an outpatient basis. Patients no longer have to travel outside the community for diagnosis or treatment – we have the resources here.

**Q: What causes arrhythmias?**

There are many things that can contribute to arrhythmias, including heart disease, high blood pressure, smoking, diabetes, and obesity. There are also other types of heart conditions that can lead to abnormal heart rhythms, such as atrial fibrillation, ventricular tachycardia and sick sinus syndrome.

**Q: What treatments are used for arrhythmias?**

Depending on the type of diagnosis you have, treatment options can include medications; a pacemaker, which keeps the heartbeat consistent; a defibrillator, which can shock the heart if needed; and cardiac ablation, which destroys heart tissue that can lead to the irregular heartbeat. Your heart doctor and electrophysiologist can discuss with you which options might be best for your condition. ■



*To learn more about treatment for heart arrhythmias, visit [temeculavalleyhospital.com/ep](http://temeculavalleyhospital.com/ep).*

# MAKING THE “A” GRADE - *again*

## The commitment to patient safety continues

The Leapfrog Group, an independent healthcare rating organization, has rated Temecula Valley Hospital as an “A” for patient safety for the fifth consecutive time, making it one of only 276 U.S. hospitals to earn this achievement. The group surveys and ranks 2,600 hospitals across the U.S. based on patient safety records and their performance in preventing infections, medical errors and other potential things that could harm patients.

The high standards of care and safety that contribute to this ranking include top surgical safety and care guidelines; best practices used to prevent infections and injuries; and safety measures followed by doctors, nurses and hospital staff to thwart errors.

“We are pleased to have our fifth (consecutive) Leapfrog ‘A’ rating,” says Darlene Wetton, CEO, Temecula Valley Hospital. “Our staff and physicians provide high standards of care to the community. I am proud of how our team demonstrates patient safety in everything we do at Temecula Valley Hospital.”

### TOP GENERAL HOSPITAL AWARD

In addition to consecutive “A” ratings, in 2017, Temecula Valley Hospital was one of only six hospitals in California to be ranked as a Top General Hospital. Wetton says that these designations give patients an advantage when they are researching which hospitals to use for their family’s healthcare. “This information empowers them to make informed decisions,” she says.

Leah Binder, president and CEO of The Leapfrog Group, adds, “Receiving an ‘A’ Safety Grade means a hospital is among the best in the country for preventing these terrible problems and putting their patients first, 24 hours a day.” ■



*Learn more about hospital safety grades:*  
[temeculavalleyhospital.com/leapfrog](http://temeculavalleyhospital.com/leapfrog)

## *Award-winning hospital!*

No matter if it’s heart, joint, stroke, quality or safety, we’ve been recognized for it.

*Read about our latest accolades at*  
[temeculavalleyhospital.com/news](http://temeculavalleyhospital.com/news).





**TemeculaValley**  
HOSPITAL

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# *Awarded* PRESTIGIOUS ORTHOPEDICS CERTIFICATION

Temecula Valley Hospital has achieved The Joint Commission's Gold Seal of Approval® Certification for Hip and Knee Replacement.

This newest recognition demonstrates our consistent commitment to excel in the delivery of quality patient care and safety.

We are an award-winning hospital!



Certification for hip and  
knee replacement



Honored with an  
"A" rating five times in a row



One of only six general  
hospitals in California

*Connect  
WITH US!*

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#### HEALTH NEWS FROM TEMECULA VALLEY HOSPITAL

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**Dennis Frank**  
Board Chairman

**Merideth Allard**  
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